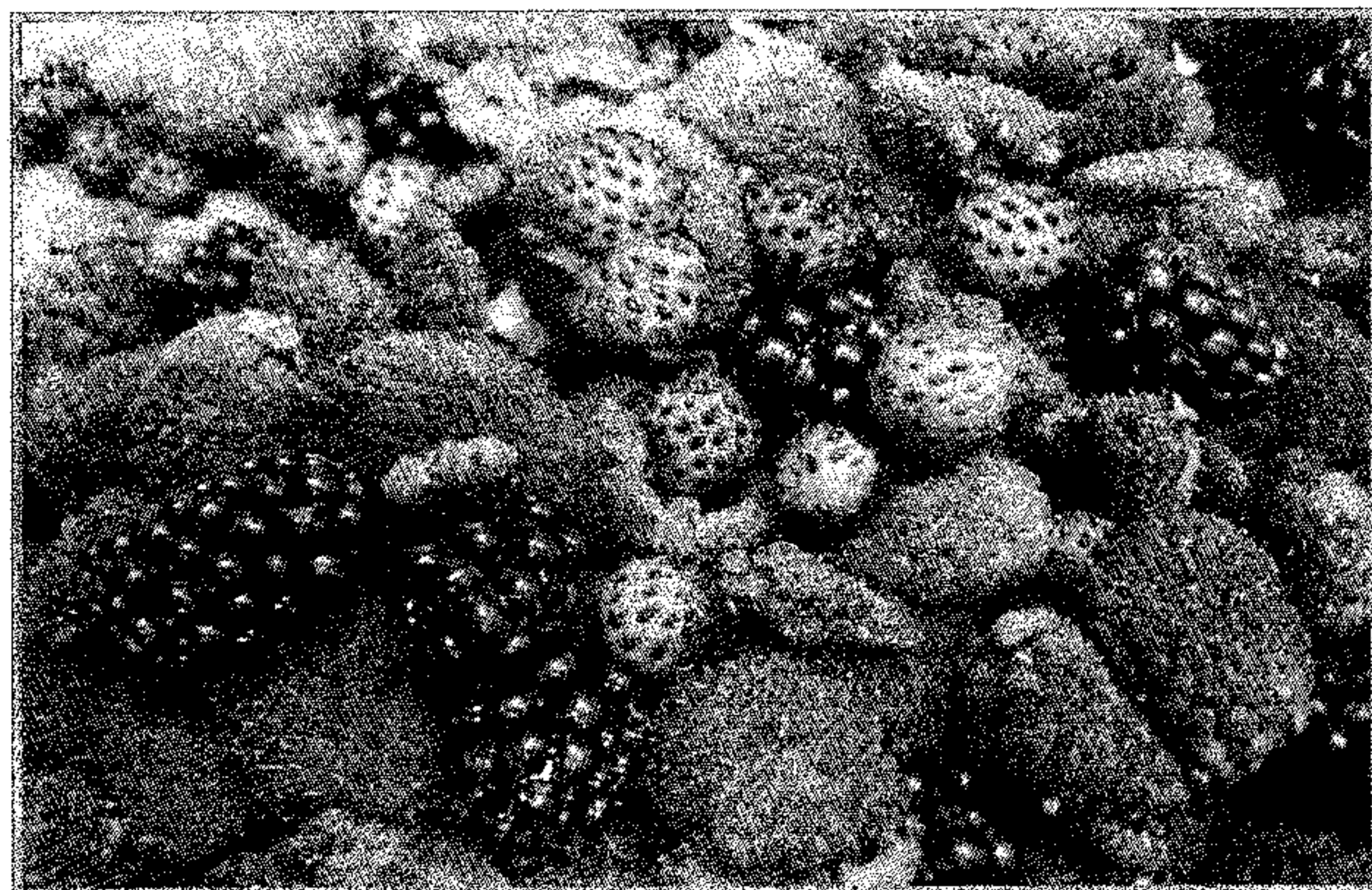


Benefits of the Traditional Plants and Foods Programs:

- Hands-on classes/workshops for tribal members throughout the Puget Sound region on Native foods nutrition, harvesting traditional plants, gardening and medicine-making
- Quarterly traditional food and medicine gatherings
- Teacher trainings on community garden development, native plant nutrition, herbal medicine making and diabetes prevention

Please contact Vanessa Cooper at 360.392.4343 or vcooper@nwic.edu to learn more about how we can serve your community!



The current Traditional Plants and Foods Programs are supported by the USDA National Institute of Food and Agriculture (NIFA), the Nisqually Tribe, Muckleshoot Tribe, Quinault Tribe, Tulalip Tribe, Squaxin Island Tribe, Potlatch Fund, St. Luke's Foundation, Center for American Indian Community Health, Whatcom Community Foundation, Tides Foundation, Honor the Earth Foundation, and the Fruit Tree Planting Foundation.



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<http://www.nwic.edu/content/community>



Cooperative Extension on Facebook



Extended Campus Sites

Muckleshoot Site	253.876.3274
Nez Perce Sites	208.843.7336
Port Gamble S'Klallam	360.297.6279
Swinomish Site	360.466.7285
Tulalip Site	360.651.3570

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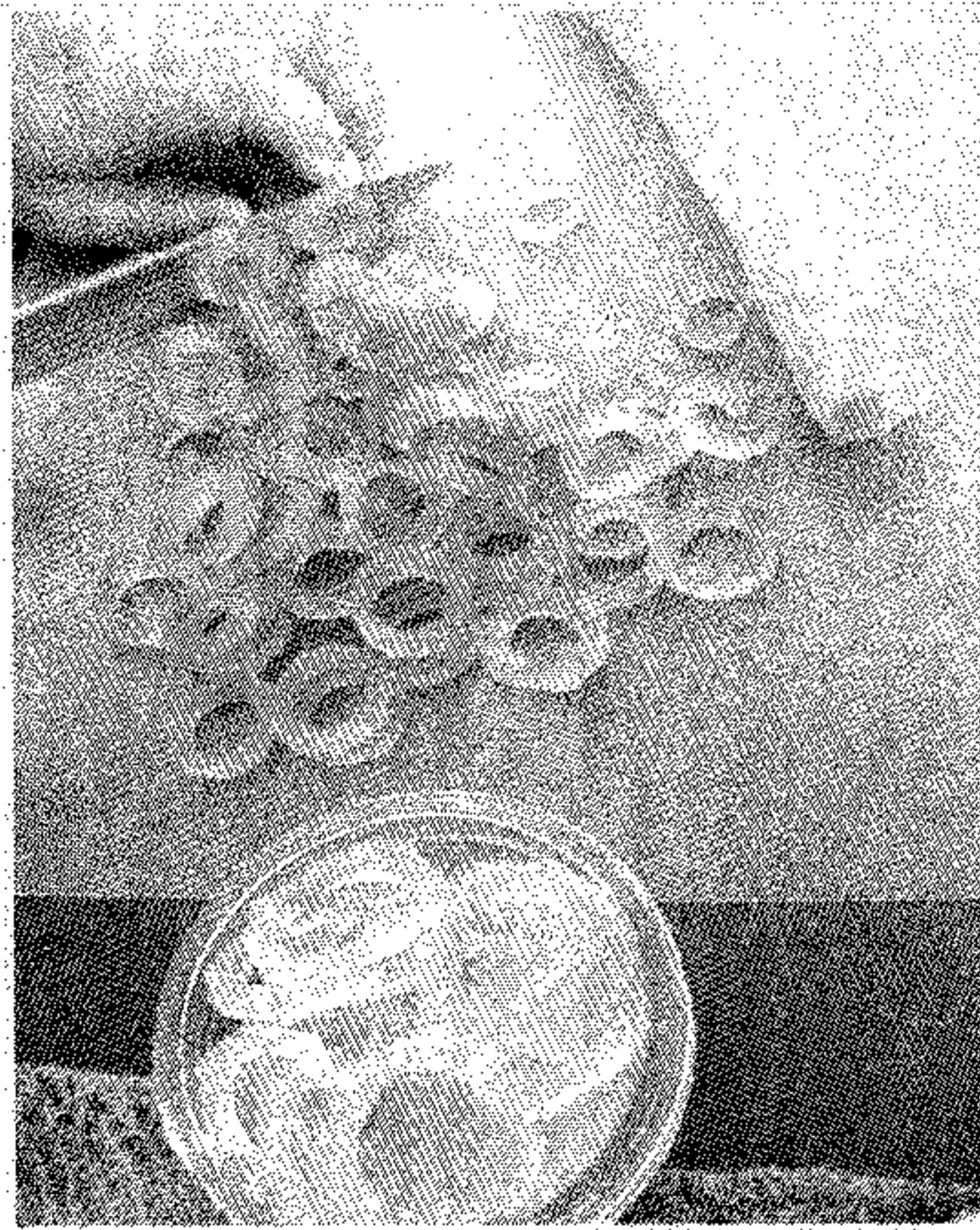
Cooperative Extension Office

Traditional Plants and Foods Programs



The mission of the Cooperative Extension Office is to promote self-sufficiency and wellness for indigenous people through culturally grounded, intergenerational and holistic programs.

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The purpose of the
Traditional Plants
and Foods Programs

is to promote
culturally-based
healthy food
behaviors among
Coast Salish tribal
members.

Lummi Traditional Foods

This project is designed to share knowledge among Lummi families about establishing healthier lifestyles by reintroducing traditional foods and plants into their everyday diet.

The families receive locally produced healthy foods (Community Supported Agriculture) as well as hands-on traditional foods workshops and cooking classes.

The goal of this community-based research project is to identify and create access to a healthy, affordable, modern equivalent of the traditional Coast Salish diet at Lummi.

To learn more, please contact Shelli Julius at sjulius@nwic.edu or 360.392.4345.



Traditional Foods & Medicines Program

This program is located at the Northwest Indian Drug and Alcohol Treatment Center, a 45-day inpatient program in Elma, WA. It is supported through a partnership with the Northwest Indian College. It is grounded in the belief that when patients' cultural traditions are honored in the recovery process, healing is more likely to occur.

Program features include:

- Hands-on classes focused on traditional foods and medicines, and methods for growing, harvesting, processing, and preparation
- Speakers—tribal elders, storytellers, and cultural specialists
- Family classes that allow patients to share what they are learning
- On-site teaching gardens



The *Traditional Foods & Medicines Program* serves as a model for other tribal communities. Teacher training programs offered at the Treatment Center include the *Diabetes Prevention through Traditional Plants Curriculum* and the *Creating Community Gardens Training*.

For more information or to visit the gardens, please contact Elise Krohn at ekrohn@nwic.edu

Muckleshoot Tribal Food Sovereignty Program

Developing tribal food sovereignty is about increasing understanding of Native foods and building community food security. The Muckleshoot Tribal Food Sovereignty Program is doing this by exploring the tribe's food assets and access to local, healthy and traditional foods for all generations.



Photo: Victor Pasqual

The Program includes:

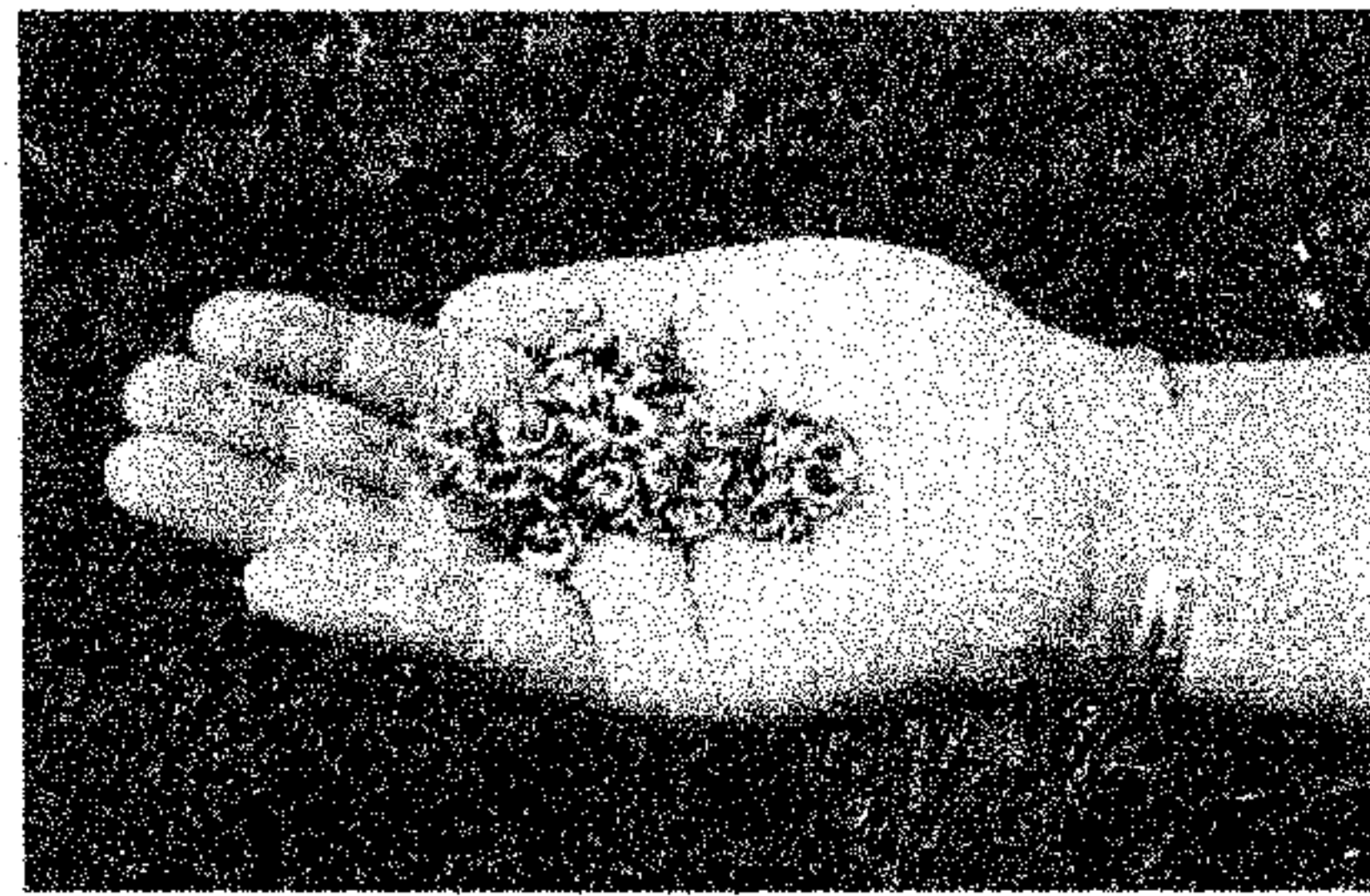
- Community engagement through local discussions and monthly articles in the tribal newspaper
- Hands-on workshops on traditional food principles and a modern approach to a traditional foods diet
- Traditional foods feasts with seasonal foods and harvesting of local traditional foods
- Intergenerational participation and cultural sharing



Photo: Victor Pasqual

To learn more, please contact Valerie Segrest at vsegrest@nwic.edu.

NWIC Cooperative Extension
Traditional Plants and Foods Program



Cultural Property Rights and

Protected Knowledge Guidelines

As we learn about traditional foods and medicinal plants together, it is important to address how we will share knowledge in respectful, culturally appropriate and effective ways. Unfortunately, many people have had cultural knowledge stolen, misunderstood or misused. Participants and advisors in our program had a meeting in May of 2006 to discuss this. The following guidelines were distilled from our meeting. We have continued to revisit them as we do our work.

There are many levels of Knowledge. As we study together, we will encounter many layers of knowledge around how plants are used. Just like us humans, plants have a body, mind and spirit. Some plants are used for nutritive qualities, specific ailments and also as spiritual medicine. There might be ways of using plants that are only appropriate for your family or spiritual community to know. Some of the knowledge that you carry may not be appropriate to share in classes or community gatherings. Talk to your elders about what is appropriate. We will try to respect these levels of knowledge by speaking mainly about knowledge that is appropriate to share with a greater tribal community.

Knowledge can be wealth. A family might hold a recipe or an understanding about a medicine that is part of their family inheritance. They may have been trained on how to gather, prepare and administer the food or remedy in a culturally appropriate way that cares for the plant community and the people. In sharing this, they may be giving away their wealth.

Secret Knowledge. Many people believe that when you speak something, you give its power away. For instance, if you have a special experience with a plant or animal, you may want to hold that experience inside you. It is yours to carry. Telling people about it may dissolve the sacredness or power of it. Do not feel obligated to share anything that feels personal. The intention of this program is to help people build their relationships with plants in a way that is strengthening and long-lasting.

If knowledge gets in the wrong hands it can be dangerous. There are specific ways to harvest and prepare medicines that make them safe and effective. Without appropriate training, they can be potentially dangerous. Information shared about the plants will be geared toward the safest uses possible.

Caring for plant communities. In the past, vast areas of the Northwest were utilized for growing and harvesting foods and medicines. Many "wild" areas were and still are maintained like gardens. European cultures did not notice or understand this kind of land management and tried to promote European-style farming of lands and even forests. Countless traditional gathering areas have been lost to development, deforestation or mismanagement. This program will try to teach harvesting in a culturally appropriate way that promotes and restores the growth of our traditional plant communities.

Families may own traditional harvest areas. As a group we will explore and respect how plant communities were owned and maintained through the family and the greater community.

Respecting the Knowledge of Place. The Traditional Plants and Foods Program is not meant to be a cookie-cutter program that teaches everyone the same knowledge about specific plants. Participants in this class come from many different communities and ecological areas of the Salish Sea. The program will strive to support you in embracing traditional foods and medicines that grow in your specific area. The hope is that you will use your own resources including elders, community teachers and social service programs to promote the growth and use of traditional foods and plants in your community. The best medicines for you are probably the ones growing near your own home. This is what we call the knowledge of place. The plants have the ability to connect us more deeply to the land we live on. In learning to appreciate the plants, we become better caretakers of the places they grow.

Engaging Traditional Styles of Learning. This program will try to present information in a way that engages all the senses and promotes hands-on learning. The best place to learn about the plants is in the place they grow, whether that is in the mountains, along the seashore or in a coastal bog. We will try to learn about the plants in the field. Hopefully, you can be a part gathering, medicine making, cooking and storing traditional foods and medicines. Handouts are only meant to support your own exploration in using the plants. They are not intended train people without experiential learning.

Maintaining Flexibility. The purpose of this program is to build Native People's knowledge and skills around traditional foods and medicines. It was developed based on community requests. In order to remain effective, it must continue to be flexible and responsive to the needs of the communities it serves.